



Spring Term – 2018

January - April

Issued by Autism East Midlands
www.autismeastmidlands.org.uk

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Please note that from time to time dates & times may have to be changed at very short notice, or an event cancelled, which is outside of our control. Wherever possible we will try to notify people who are already booked on an event run by Autism East Midlands.

The Parent Programme for the next term should be available on our website week commencing 26th March 2018.

Asian Parents Group

For parents and carers of children and young people of any age who have autism. The sessions discuss various autism related topics and features occasional workshops with Autism Specialists.

Supported by 'Ask Us Nottinghamshire' (formerly Parent Partnership Service) and Autism East Midlands.

Usually 3rd Thursday of a month

Dates / Times / Content:

18 th January	10:00 to 12:00	speaker tbc
15 th February	10:00 to 12:00	speaker tbc
15 th March	10:00 to 12:00	speaker tbc

Venue:

New Art Exchange
39 – 41 Gregory Boulevard
Hyson Green
Nottingham
NG7 6BE

For Further Information:

Contact - 0115 948 2888 (Noreen Sheikh)

Email - enquiries@askusnotts.org.uk

or

Contact - 0115 960 9263

Email - linsey.atkins@autismeastmidlands.org.uk

Autism Drop In – City Hospital, Nottingham

Informal drop-in sessions.

An opportunity for parents and carers of children with ASC to meet other parents, have a coffee and a chat and speak to professionals from Health and Social Services.

Occasional speakers and presentations.

Usually 3rd Wednesday of the month.

Dates / Times / Content:

17 th January	10:00 to 12:30	Behaviour Issues – <i>Matt Rooney</i>
21 st February	10:00 to 12:30	Chat & Coffee Morning
21 st March	10:00 to 12:30	Puberty & Relationships – <i>speakers from 'Contact- a- Family'</i>

Venue:

The Children's Centre
City Hospital Campus
Hucknall Road
Nottingham
NG5 1PB

For Further Information:

Contact - 0115 883 1157 or 0115 883 1158

Email - infoservicescdc@nottshc.nhs.uk

Autism East Midlands Family Support Hubs

The Hubs will provide a regular meeting point for families affected by autism, where they can access activities for children as well as gain support, specialist training and advice. This will include the development of an on-line forum for parents to gain additional advice and support.

Please note these sessions focus on the primary school age unless indicated *.

These are drop-in sessions and no booking is required.

Dates / Times / Content:

Monday 16:00 to 20:00 Nottingham City Hub
15th January, 19th February, 19th March, 16th April,
21st May, 18th June, 16th July, 20th August

Saturday 11:00 to 15:00 Worksop Teen (11+) *
20th January, 17th February, 17th March, 21st April,
19th May, 16th June, 21st July, 18th August

Monday 16:00 to 20:00 Kirkby-in-Ashfield
22nd January, 26th February, 26th March, 23rd April,
28th May, 25th June, 23rd July, 27th August

Tuesday 17:00 to 20:30 Retford
30th January, 27th February, 27th March, 24th April
29th May, 26th June, 31st July, 28th August

Tuesday 16:00 to 20:00 East Leake
9th January, 6th February, 6th March, 10th April,
1st May, 5th June, 3rd July, 7th August

Saturday 10:00 to 14:00 Heanor
27th January, 24th February, 24th March, 28th April,
19th May, 23rd June, 28th July, 18th August

Saturday 10:00 to 14:00 Newark
6th January, 3rd February, 3rd March, 7th April,
5th May, 2nd June, 7th July, 4th August

Saturday 14:00 to 18:00 Chesterfield
20th January, 17th February, 17th March, 21st April
19th May, 16th June, 21st July, 18th August

Venues:

Worksop

Autism East Midlands
91 – 93 Raines Avenue
Worksop
Nottinghamshire
S81 7PA

Tall Trees

Autism East Midlands
Rectory Road
Retford
Nottinghamshire
DN22 7AY

Kirkby-in-Ashfield

The Ashwood Centre
Portland Street
Kirkby-in-Ashfield
Nottingham
NG17 7AB

Nottingham City

Autism East Midlands
Hamilton Autism Services
Harby Lodge
13 Pelham Road
Sherwood Rise
Nottingham
NG5 1AP

Newark

Salvation Army Hall
Mead Way
Balderton
Newark
Nottinghamshire
NG24 3GA

Heanor

Autism East Midlands
Mundy Street Day Services
Mundy Street
Heanor
Derbyshire
DE75 7EB

East Leake

Lantern Lane Primary School
Lantern Lane
East Leake
Loughborough
LE12 6QN

Chesterfield (*opp Cineworld*)

St John Ambulance Brigade HQ
Derby Road
Chesterfield
Derbyshire
S40 2ED

For Further Information:

Email - advice@autismeastmidlands.org.uk

Autism in the Early Years

A free course facilitated by Nottinghamshire County Council and delivered by specialist teaching staff – **open only to County residents.**



A series of workshops for parents of children between the ages of 2 – 7 years on the Autistic Spectrum, living in Nottinghamshire. Each session will include input from professionals with expertise in autism and will provide opportunities for questions and discussion. Please note that childcare is **not** provided at these workshops.

Topics covered will include: -

- Introduction to Autism Spectrum Conditions
- Communication
- Health & Sensory Sensitivities
- Behaviour
- Education
- Support Agencies
- Parents' emotions and supportive resources

Dates / Times / Content:

Tuesday 13:00 to 15:00

January – 23rd & 30th

February – 6th, 13th & 27th

March – 6th, 13th & 20th

Note: All sessions **must** be attended

Venue:

Parkgate Academy
Whinney Lane
New Ollerton
NG22 9TH

Future courses will be held in other parts of the County

For Further Information / Booking:

Contact Carol Davie on 01158 040 832 for an application form.

Nottinghamshire County Council
Schools & Families Specialist Services
Meadow House
Littleworth
Mansfield
Nottinghamshire
NG18 2TA

Best That We Can Be

A social drop-in session for families with children; providing activities for the children as well as support, information and advice for parents.

Meets the 3rd Tuesday of the month.

Dates / Times / Content:

16 th January	16:15 to 20:15
20 th February	16:15 to 20:15
20 th March	16:15 to 20:15
17 th April	16:15 to 20:15
15 th May	16:15 to 20:15
19 th June	16:15 to 20:15
17 th July	16:15 to 20:15
21 st August	16:15 to 20:15

Venue:

Autism East Midlands
Dukeries Autism Centre
Park Street
Worksop
Nottinghamshire
S80 1HH

For Further Information:

Contact - 0115 960 9263 (Linsey Atkins)

Email - btwcb@autismeastmidlands.org.uk

Introduction to PDA (Pathological Demand Avoidance)

Delivered by a member of staff from Autism East Midlands / Elizabeth Newson Diagnostic Centre.

Defining what PDA is and how it presents behaviourally. Exploring ways of managing challenging behaviours linked to diagnosis.

Dates / Times / Content:

Wednesday 14th February

17:30 to 19:30

Venue:

Ashfield School
Sutton Road
Kirkby-in-Ashfield
Nottinghamshire
NG17 8HP

Cost:

£10 to be paid before the event – 50% discount for additional family members

Please note that places are not confirmed until payment has been received

For Further Information / Booking:

Contact - 01909 506678 (Training Admin)

Email - bookings@autismeastmidlands.org.uk

More Cheers, Less Tears Parents Group

Parent group for those with primary school age children. A supportive and informal coffee morning format drop in to gain and share ideas and an understanding of autism. The first hour is normally a speaker.

Based in the Stapleford area of Nottinghamshire.

Meets the first Thursday of the month in term time only in the portacabin.

Dates / Times / Content:

11th January 13:00 to 15:00

1st February 13:00 to 15:00

1st March 13:00 to 15:00

Venue:

William Lilley School
Halls Road
Stapleford
Nottingham
NG9 7FS

For Further Information:

Contact - 0115 917 9277

Email - office18@williamlilley.notts.sch.uk

Newark & Sherwood Autism Support Group

A supportive and friendly parents group. Occasional speakers and other events organised by the group.

Meets 1st Thursday of the month, during term time only.

Dates / Times / Content:

11th January 09:30 to 11:30

1st February 09:30 to 11:30

1st March 09:30 to 11:30

12th April 09:30 to 11:30

Venue:

Bishop Alexander School
Alexander Avenue
Off Winthorpe Road
Newark
Nottinghamshire
NG24 2BD

Please note New Venue

For Further Information:

Contact - 07960 121 027 (Laura / Rachel)

Outwood Academy Worksop Parent Group

A new group supporting parents of young people attending this family of schools.

Dates / Times / Content:

Wednesday 7th February

16:00

Venue:

Outwood Academy
Valley Road
Worksop
Nottinghamshire
S81 7EN

For Further Information:

Contact - 01909 475 121, ext 341 (Helen Nixon)

Email - h.nixon@valley.outwood.com

Promoting Positive Behaviour

Presented by Kevin Pakenham – Autism East Midlands Training Department.

For parents / carers of a child with a diagnosis of ASC. To gain a better understanding of the reasons for your child's behaviour and strategies for managing behaviour.

Dates / Times / Content:

Thursday

8th March

18:30 to 20:30

Venue:

Autism East Midlands
Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

£10 to be paid before the event – 50% reduction for additional family members

Please note that places are not confirmed until payment has been received

For Further Information / Booking:

Contact - 01909 506678 (Training Admin)

Email - bookings@autismeastmidlands.org.uk

Shining Minds

Parent group for parents of children and young people from 8+. A supportive and informal drop in to gain and share ideas and an understanding of autism.

Meets the last Tuesday of the month in term time only.

Dates / Times / Content:

30th January 09:15 to 11:15

27th February 09:15 to 11.15

27th March 09:15 to 11.15

Venue:

Fairfield Academy School
Toton Lane
Stapleford
Nottingham
NG9 7HB

For Further Information:

Email - shiningmindsgroup@hotmail.com

Sibling Support Group 2018

A group for children aged between 8 – 12 years, including Parent Workshop on supporting siblings for the parents of those attending.

Helping to understand their brother's or sister's autism, gaining support from the group and promoting more harmonious family relationships.

Free weekly sessions during the summer term - *referrals for 2018 sessions are now being taken for the waiting list only, however referrals for 2019 can now be submitted*

Dates / Times / Content:

April to June (*dates tbc*)

18:00 to 20:00

Note: children should be able to attend all sessions

Venue:

Sutherland House School
Bath Street
Nottingham
NG1 1DA

For Further Information / Booking:

Complete and return the **Referral /Application for Sibling Support Group 2018** form (available towards the end of this publication or on our website – www.autismeastmidlands.org.uk) to: -

Linsey Atkins
Autism East Midlands
Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Contact - 0115 960 9263 (Linsey Atkins)

Email - linsey.atkins@autismeastmidlands.org.uk

Sibs - for Brothers and Sisters of Disabled Children and Adults

Sibs exists to support people who grow up, or have grown up, with a disabled brother or sister. This is the only UK charity representing the needs of over half a million young siblings and over one and half million adult siblings.

The Sibs adult group in Nottingham is facilitated by volunteers who are also members of the group. They have attended Sibs' group facilitator training. The role of the facilitator is to make contact with new group members and to help everyone in the group talk about sibling issues and share information with each other.

Access to current groups is by completing the on-line application form on the website - www.sibs.org.uk (when on the website select the tab "Support for adult siblings" to take you to the contact form. Dates and venue will be confirmed upon receipt of application form.

Please note this group is for the 18+ age group only and cannot be accessed by child siblings.

Southglade Access Centre Autism Support Group

This is an open Support group for the parents and children with Autism, Asperger Syndrome or a child with social and communication difficulties.

Your child does not have to have a diagnosis to access this support.

This is a regular event, now held on the second Wednesday of the month only (all year round)

Dates / Times / Content:

10 th January	09:30 to 11:00	tbc
14 th February	09:30 to 11:00	Sleep Issues – <i>speaker from 'Contact-a-Family'</i>
14 th March	09:30 to 11:00	tbc

Venue:

Southglade Access Centre
Southglade Road
Bestwood
Nottinghamshire
NG5 5GU

Cost:

These are free sessions

For Further Information / Booking:

Contact - 0115 915 9561

Supporting Young People with their Stress and Anxiety

Delivered by staff members from the Elizabeth Newson Diagnostic Centre and Autism East Midlands Training Department.

This session will focus on how autism may present differently and we will consider some of the challenges that individuals with autism face, along with positive approaches to supporting them.

Dates / Times / Content:

Wednesday 21st March 17:30 to 19:30

Venue:

Autism East Midlands
Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

£10 to be paid before the event – 50% reduction for additional family members

For Further Information / Booking:

Contact - 01909 506678 (Training Admin)

Email - bookings@autismeastmidlands.org.uk

Sutherland House School Parent Group

A support group for parents and carers of pupils who attend Sutherland House School. There will be speakers and discussions on topics set by the group, usually related to school / educational issues.

The group meet twice a term, with alternate meetings mornings and afternoons.

Dates / Times / Content:

31st January 13:00 to 15:00

21st March 13:00 to 15:00

Venue:

Autism East Midlands
Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA

Cost:

For Further Information / Booking:

Contact - 0115 960 9263 (Ann Stewart)

Email - ann.stewart@autismeastmidlands.org.uk

Understanding Sensory Issues in Autism

Delivered by Autism East Midlands Training Department.

This workshop will explore the sensory world of children and young people on the spectrum. It will consider the implications for adaptive and adjusting the environment to meet the needs of young people with autism.

Dates / Times / Content:

14th March 17:30 to 19:30

Venue:

Ashfield School
Sutton Road
Kirkby-in-Ashfield
Nottinghamshire
NG17 8HP

Cost:

£10 to be paid before the event – 50% discount for additional family members

Please note that places are confirmed once payment has been received

For Further Information / Booking:

Contact - 01909 506678 (Training Admin)

Email - bookings@autismeastmidlands.org.uk

Contact Details

Head Office address and contact details:

Autism East Midlands
Unit 31, Craggs Industrial Estate
Morven Street
Creswell
Worksop
Nottinghamshire
S80 4AJ

Tel: 01909 506678

Email: bookings@autismeastmidlands.org.uk

Website: www.autismeastmidlands.org.uk

Bookings and Payment:

All bookings for Parent Programme events and courses facilitated by Autism East Midlands, **unless stated otherwise**, should be via a completed 'Autism Parent Programme Application Form', which when complete should be emailed to: -

bookings@autismeastmidlands.org.uk

or posted to the above address.

Please note that places are not confirmed until payment has been received

Payment for all Autism East Midlands Parent Programme events and courses should be made in advance by cash, cheque (payable to "**Autism East Midland**") or card by contacting the finance department at the above address. Once payment has been received, confirmation of your place will be sent out.

Please remember that when sending payment to Head Office to include your details, title and date of event.

APPENDIX / EVENT FLYERS

Please note the events listed on this page are not organised by Autism East Midlands, but are details which have been sent for circulation: -



Ashfield School
SEND Event

Wednesday 21st February 2018
10:00am- 14:00pm

Information for disabled children and young people age 0-25 and their families. There will be examples of therapy tricycles, sensory equipment and much more.

Ashfield School, Sutton Road, Kirkby-In-Ashfield,
Nottinghamshire, NG17 8HP
01623 455000

For more information contact
Shelley.Cantillon@ashfield.notts.sch.uk

We look forward to seeing you.

LEARNING TO ACHIEVE
aspire

Partners: The Courtes Trust, Autism Foundation, CERI, National College

Nathan Davies – Director (HCB Widdows Mason), who has a specialism in Education

Will be presenting on:

“Basics of SEN Law – what is a statutory assessment?; what is an EHCP and how to get one?; how to appeal and the Tribunal procedure”

Question & Answer session to finish
22nd March 18:00 to 20:00

This is a free session

Autism East Midlands
Sutherland House School
Bath Street
Sneinton
Nottingham
NG1 1DA



Attend our drop-in day

Family Fund
Helping disabled children

Information and Support Day

Learn more about support services, grants and information available to you and your disabled child or young person.
Come along and meet Family Fund and other charities in your area and get help with your Family Fund application form.

Tuesday 23 January 2018
Derby 10:00- 2:30pm

Thornton Room, St James' Centre, Malcolm Street, Derby DE22 8LU

Let us know you're coming or simply turn-up and show your support. We're always here if you have any questions.
events@familyfund.org.uk

Visit the events page on our website:
www.familyfund.org.uk

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PARENT PROGRAMME Application Form

Please state title of the Programme / Course you wish to attend: Date Title Venue Name of organiser	
Young Person's Name	
Young Person's Date of Birth	
What aspect would you specifically like to see covered in this course?	
School / Setting	
Name & Address of Person(s) attending	
Parent / Carer Tel No	
Email address	
Parent's Ethnic Origin	
Gender & Ages of any other children	
Who will attend the Course? (e.g. mother, father, grandmother - up to 2 persons per family)	
If offered places I / We agree to attend ALL sessions and pay any monies due	Signed: Print:

Please return completed forms to:

Parent Programme Bookings
 Autism East Midlands,
 Unit 31, Craggs Industrial Estate, Morven Street,
 Creswell, Worksop Nottinghamshire, S80 4AJ

Payments for courses can be made by contacting the finance department on 01909 506678 prior to the event. (Cheques payable to "**Autism East Midlands**")

Referral / Application for Sibling Support Group 2018 / 2019

Sibling Details:

Name:	Age:	Male / Female
School Attending:		
Please give details of any food allergies, medical conditions, e.g. asthma or any other conditions that the session leaders should be aware of:		
Can the sibling attend the full 8 weekly sessions (April to June)? <i>dates tbc, but usually early evening on a Wednesday</i> Yes / No		

Details of Child with Autism / Asperger Syndrome / PDA:

Name:	Age:	Male / Female
School Attending:		
Diagnosis:		
Details or suggestions of topics you would like to see covered in the workshops:		

Parent / Carer Contact Details:

Name:	Tel:	
Address:	Mobile:	
	Email:	
Signed:	Print Name:	Date:

Note: a completed Referral / Application is required for each sibling and / or child with a diagnosis of autism, Asperger syndrome, PDA

Please return completed Referral / Application to:

Linsey Atkins
Autism East Midlands, Sutherland House School, Bath Street,
Sneinton, Nottingham, NG1 1DA

Email: linsey.atkins@autismeastmidlands.org.uk

The Siblings Group is run by staff from the Elizabeth Newson Centre (ENC) in conjunction with Family Services. If your child is successful in gaining a place on the group, staff from the ENC will request additional information about your child.



Autism Parent Programme Application Form

Your child's name:

Your child's date of birth:

Your child's diagnosis* (Please give date & name of person who gave diagnosis if known / If your child does not have a definite diagnosis please can you state this)

Your child's school / nursery / playgroup:

Parents'/carers' names and address:

Telephone No:

Please give names and ages of your other children (if you have any):

Early Years Parent Programme:

In Parkgate Academy, Whinney Lane, New Ollerton. N622 9TH.

1.00-3.00 pm.

23rd, 30th Jan. 6th, 13th, 27th Feb. 6th, 13th, 20th Mar, 2018

State briefly what you most hope to gain from attending the programme:

Who will attend the programme? (e.g. mother, father)

If offered a place, I/We agree to attend all sessions

Signed

Providers: Linda Jones and Early Years Specialists, Schools & Families Specialist Services

Please return the form to: Carol Davis, Nottinghamshire County Council, Schools & Families Specialist Services, Meadow House, Littleworth, Mansfield, Notts, N618 2TB (0158 040832)